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## New Puppy Information

First and foremost, congratulations! Having a new puppy is very exciting, but can be overwhelming. Here are some tips to help you!

### Potty Training and House Training

- Pick puppy pads or outdoors training – NOT both
- Take puppy outside EVERY hour AND after they wake up, eat, or finish playing.
- Make sure everyone in the house is using the same commands.

### Feeding

- The smaller the puppy the more often it needs to eat!
- A Labrador puppy may need to eat 2-3 times a day, but a Teacup Yorkie puppy needs to eat every 3-4 hours.
- Do not just leave food down!
- Food should be offered for 10-15 minutes then picked up
- Always have your puppy sit and wait politely for their food.
- Always feed a high quality puppy formula diet.

### Crate Training

- NEVER punish your puppy by putting it in the crate.
- Use the crate as a safe “bedroom” for your puppy
- Place beds, toys, treats, etc. in crate.
- Have a crate this big enough for the puppy to sleep comfortably, but not so big that it will eliminate in the crate.
- If you have purchased a large crate for the dog to grow into, use spacers to make the crate appropriately sized for your pup.

### Every Day

- Place your hands in and around your puppy’s mouth, eyes, and ears.
- Play with paws and nails multiple times a day
- Open and close your puppy’s mouth
- Examine baby teeth – teething should be complete by 6 months of age.

### Vaccinations

- Puppies need a series of Distemper/Parvo vaccinations before they are fully protected.
- Ask your veterinarian if your puppy needs Bordetella (Kennel Cough) or Lyme vaccinations.
- Rabies vaccination is typically given at 6 months when your pup is spayed or neutered.
- If you are not planning on spaying or neutering your pup, discuss with your veterinarian when to give the rabies vaccination.

## **Worms**

- It is very common for puppies to be diagnosed with worms.
- Most types of worms are microscopic and you may never see them!
- If your puppy has been diagnosed with worms, practice good hygiene at home and wash hands well after handling fecal material.
- Immediately clean up after your puppy.
- Some types of worms are transmissible to other animals and can live in the yard for years if not cleaned up.
- Follow all the directions on the medications sent home to treat the worms.
- Bring in a fecal sample 10-14 days after treatment to ensure that all the worms are gone.

If you ever have any other questions about puppies feel free to ask any of the staff at PVC!



# THE MARVELOUS CRATE

Any wild canine will secure a small, snugly fitting space to call its own. This space represents security to the dog. In its den, it cannot be attacked or bothered, so it is able to relax fully. This instinctive desire for a secure den is the basis of the psychology behind using a crate as a training aid. Once the pet owner has overcome his own prejudice against "caging" a pet and accepted the sound reasoning behind crate-training, the owner and his dog can begin to enjoy the benefits of the marvelous crate.

To accustom your dog to its new crate, prop open the door and allow the dog to explore the confines of the crate. Placing food or a favorite object inside will encourage it to step in. When the dog is comfortable, close the door and keep it confined for about 5 or 10 minutes. When you let the dog out, do it unceremoniously. Releasing the dog should not be a major production.

Each time you put the dog in the crate, increase the time it is confined. Eventually, the dog can be confined for up to four hours at a time. If the crate also serves as the dog's bed, it can be left crated throughout the night. Don't overuse the crate, though. Both you and your dog should think of it as a safe haven, not as a prison.

Use the soothing effect of the crate to convey to your dog that it is bedtime. Many dogs will learn to go directly to their crates when they are ready to call it a day. Often, the use of a crate will convince a restless dog to stop howling at the moon or barking at every little sound, allowing their owners to sleep through the night undisturbed.

Many dogs receive their meals in their crates. Finicky eaters are made to concentrate on the food that is offered and, as a result, overcome their eating problems. For the owners of more than one dog, the crate serves as a way to regulate the food intake of each dog. If dogs in the same household have different diets, crate feeding is almost essential. It can also make mealtimes less stressful if you have a dominant dog that tries to keep the others in the household away from the food bowls.

Housebreaking is made easier when the wise owner relies on the help of a crate. Until the dog is dependably housetrained, it should not be given the opportunity to make a mistake. A healthy dog will not soil its den — the place where it sleeps. If the crate is the right size for your dog — allowing just enough room to stand up and turn around, it will not soil its crate. If you purchase a crate for a puppy based on the size of the mature dog, you may need to block off one end to keep the puppy from sleeping in one corner and using the other for elimination.

Any time you cannot keep a close watch on the puppy, kindly place it in its crate. When the dog eliminates at the proper time, reward it. With the assistance of a crate, housetraining can be almost painless for you and your puppy.

The crate is a safety seat for a traveling dog. You may know that shipping a dog requires a crate, but do you realize that a crate in your car serves, as a seatbelt would, to protect your dog in the event of an accident? A dog thrown out of the car or through a windshield has little chance of surviving. In the event you or a passenger need medical care during an accident, a crate will keep the dog from "guarding" you from paramedics.

If you need to ship your dog by air, the task will be much easier if the dog is already used to its crate. A crate-trained dog is relaxed and less likely to need sedation for traveling. Avoiding sedatives removes one of the major risks of air travel for dogs, and your dog will be alert and happy when it lands.

When you travel and have to leave your dog behind, the caretaker will have a much easier time caring for a crate-trained dog or she will appreciate being able to confine the dog for rest periods and when the dog is dangerously underfoot. Your dog will also enjoy being able to take its crate (and a little bit of home) with it if it must spend time in a strange place.

No untrained dog should be given the run of the house while its owner is away. This is not only foolhardy from the standpoint of protecting your belongings but also from the standpoint of protecting the dog. An untrained dog could chew through an electrical cord, get trapped under a piece of furniture it has upset, or be poisoned or choked by a piece of trash. Use a crate to protect the untrained dog from itself. Of course, this means you will have to limit your time away from home. A puppy must be taken out at regular intervals to exercise and take care of business.

If your dog becomes ill or needs surgery, confinement in a crate will assure it the extra rest it needs during the recovery period. The wonderful crate can serve as a hospital bed too.

In dozens of different ways, the addition of a crate means better care for your dog. It reinforces consistency in training. It helps the dog feel more secure. It makes having strangers in the house less hectic. It makes travel safer and more comfortable. It makes bringing up a puppy as easy as it can be. Once you have experienced the benefits of crate-training your dog, you will question how you ever lived without that marvelous crate.



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## Crate Training Your New Pup

Successfully housebreaking your new puppy starts with a routine schedule, there are several ways to get this accomplished. Crate training your dog comes highly recommended as a way to introduce the concept of outdoor eliminations.

While it may seem cruel to keep your dog confined to a small space for an extended period, keep in mind that everyone needs a safe and special place to stay. The crate provides a comfortable den like setting for your animal. Your dog will grow to associate comfort and security with her or her crate. You will probably find that even when you are at home your dog will still retreat to the crate for naps or to chew a toy. When choosing a crate, it is important to keep in mind the size that your animal will be an adult. It is possible to give your puppy too much room. If a dog has an extra-large crate during the training period there may be too much space which will allow your puppy to defecate in one area and sleep in the other, thus defeating the purpose of crate training. For really large breeds it may be necessary to step up crate sizes as your dog grows, or use crate dividers.

To introduce your puppy to the crate start by placing some treats, toys and feed all meals inside. This will allow the puppy to enter at his or her own will. You can begin keeping your puppy in the crate for short periods by shutting him in after a long period of play or after going inside. Once the door is shut leave the room and don't be surprised if the puppy resists for the first few times in a crate. Don't let the puppy out if it cries or whines. You can either leave the house for a few hours or release the puppy when the crying has eased. For those owners who need to be gone all day you can leave your dog in a crate and if possible let him out on lunch break. If you are gone all day don't be surprised if there are a few messes in the crate if the puppy is very young. A puppy can only hold their bowels for a few hours. As a rule of thumb take the puppies age in months and add 1. This will give you the number of hours your animal can go without urinating. For example, a puppy that is 3 months old will be able to go for 4 hours between potty breaks. Even when home on the weekends, make sure to keep the same schedule. Also, don't be hesitant to lock the puppy up at night in the crate. This will help the puppy be content in the crate when you are home too.

Within a few weeks with a dedicate schedule your dog will begin to tell you that it needs to go out. After your puppy matures and is good about signaling the need for the bathroom breaks you should be able to leave the door open to the crate so that he or she can use it as they please.

Some extra tips to use when house breaking is:

## BEHAVIOR GUIDE

# Socialization

Everyone has heard that socialization is very important for dogs, but not everyone may know when and how it takes place. When a puppy is developing, one of his developmental stages is actually called the socialization period. This period is from 3-12 weeks of age and this is when he is most accepting of new things. Puppies should be rather fearless at this stage and willing to investigate their environment. They are also learning how to form attachments with humans and other dogs, read body language, and build trust. Once the puppy hits 12 weeks of age, this window of socialization begins to close. So by the time the puppy is 16 weeks of age, he is starting to become more cautious. This means that attachment to people and other dogs, and fearlessly investigating new things, slows down dramatically.



It's possible to socialize an older dog, but you may never get the same results as if the process has been started earlier and generally it will take longer. Your ideal response is a quick recovery. This means that the dog may startle for a second initially, but he can quickly and confidently recover when presented with a new stimulus.

You may be thinking, "Wait, I didn't even get my dog until they were 8 weeks old!" Generally speaking, there is a great benefit to puppies staying with their mom and littermates until 8 weeks of age. They're learning communication skills and bite inhibition. For optimal behavioral development, it would be great if they were spending those 8 weeks in an enriched environment (full of positive, social interactions with a variety of people, places, and things). However, you may or may not know your puppy's history prior to you obtaining him or her, so the best you can do at that point is to get to work socializing.



Socialization should always be positive and never overwhelming to the dog (young or old). You should always take safety precautions to make sure his environment is physically, as well as mentally, safe. For instance, if your puppy doesn't have all of his shots yet, you'll want to make sure his interactions with other dogs occur with vaccinated, healthy pets. An example of a mentally safe environment is one in which he won't get scared suddenly, which could actually sensitize him or her to the stimulus. For example, you're sitting outside a coffee shop with your young puppy and some skateboarders go roaring right past and really scare your puppy. That could leave a lasting impression. Try to always make sure that you are aware of the surroundings and can position yourself so that your puppy doesn't get scared. Taking treats with you is a good idea so he can associate the new things with something positive.

When socializing with people, be aware of your dog's body language and never pressure him or her in a situation. Let him or her warm up to people, places, animals, and things at his or her pace. Remember, he or she is a baby and humans can look like scary, giants from his or her point of view. The goal is to let your puppy encounter as many different people, animals, places, and things as possible while also keeping it safe and positive. If you have a young dog, 100 new things in the first 100 days of his life (approx. 3-1/2 months old) is a great goal. Included is a checklist on the back to give you some ideas on how to socialize your pet. This list isn't all encompassing, but it should start you on the right path.



Methods to help socialize your puppy or dog:

- Men, of all races and ages
- Women, of all races and ages
- Children of differing heights, ages, and activity levels
- Someone wearing a hat
- Someone wearing sunglasses(dogs are used to being able to read a person's eyes for clues and sunglasses look like big dilated pupils)
- Someone with a strong scent (perfume, cologne, smoke, etc.)
- Someone carrying an umbrella or other object(anything that changes the typical silhouette could be scary)
- Someone with a different gait
- Someone using a walker/cane/wheelchair/electric scooter
- Cars, trucks, bicycles, skateboards, rollerblades, and any other wheeled devices
- Dogs of all different breeds(use only friendly, safe dogs – puppies & adults)
- Cats(dog-friendly, of course)
- Other animals
- Inanimate objects – trash bags, tin foil, garbage cans, yard art, Christmas trees, boxes
- Weather conditions(if possible) –rain, snow, wind
- Flooring surfaces—tile, hardwood, laminate, carpet, rocks, dirt, grass, shiny flooring, slick flooring
- Spaces—big open spaces, small spaces(usually this happens indoors when a dog is nervous about walking through a small area or hugs the wall in an open space)
- Places – the vet, the groomer, the boarding facility, and anywhere else he'll have to go (Take the puppy to these places to meet the people and have a treat, many times if possible, before you have to leave him or her there or have something less-than-pleasant happen.)
- Objects – touch him or her with all sorts of random objects like nail clippers, brushes, bandannas, coats, collars. Many dogs are nervous when someone tries to touch them with something in their hand.



## BEHAVIOR GUIDE Grooming Socialization

Grooming is an integral part of life for certain breeds of dogs such as doodles, poodles, terriers, and more. Getting a puppy used to the grooming process before the age of 16 weeks will help them tremendously later on. Many people think they don't "need" to get Fido groomed till he's 6 months old, and then he's fighting, biting, and trying to injure himself and the groomer because he has no idea what's going on. Puppies that are taken to a professional groomer every 1-2 weeks through the age of 16 weeks will learn that grooming is a part of life and also learn to ENJOY the grooming process, instead of fighting it.

- The first grooming appointment can start as early as 8 weeks of age. Most groomers will simply do a bath, brush, and dry. They will slowly introduce them to sprays, scissors, dremels, clippers, dryers, nail trimmers, and many more pieces of equipment that they will need to be used to for grooming that you won't have at home. They will trim up their face, feet, and sanitary area. They may run the clippers over their body to get them used to the feeling of having clippers on them, without actually clipping their hair yet.
- When you pick up Fido from his appointment, ask your groomer how s/he did and listen! Fido may be perfect for you at home but if your groomers says "Fido needs to get used to \_\_\_\_", LISTEN! They are trying to help your puppy enjoy the grooming process!
- Continue every 1-2 week appointments, especially if Fido struggled with any part of the grooming process and work with your groomer. They don't want to get bit and they don't like grooming a dog that will bite, flail, and try to jump off their table.
- Nail trims can be difficult for some dogs, so to help your dog get used to nail trims use nail trimmers and an uncooked macaroni noodle. Clip the macaroni noodle near your dog and follow it with a treat. This will get them used to the sound of nail trims, then gradually move toward clipping a nail followed by a treat.
- Brush and comb your dog! Ask your groomer what type of brush & comb is appropriate for your dog's coat type and get them used to being brushed. Show them the brush, treat, tap the brush on their fur, treat, 1 stroke, treat, and so on until they are not showing inappropriate behavior (biting, etc) towards the brush! Brushing your dog everyday will not only help them learn to enjoy the process but it will also help prevent matting, which if a dog is severely matted it may need to be shaved short and start all over again as de-matting a dog can be extremely painful.



# NAIL TRIMMING MADE EASY

by Joyce Marin Coombs

Clipping dog's nails can sometimes be a challenging experience. Some of us have been known to employ wrestling tactics similar to those practiced by Hulk Hogan, in order to subdue flailing paws. Conditioning a dog to nail trimming can be easy if certain steps are followed, especially in the case of a puppy. Rather than use the guillotine type clippers, I prefer the "human type" fingernail clippers for puppies, and the larger, toenail clippers for dogs. I find it is easier to see exactly how much nail will be removed using these tools.

A sleeping puppy is easiest to work on, especially one that is tired and has just been fed. If handling his paws wakens him, gently soothe him back to sleep and proceed to clip his nails. For some of us, finding the quick occasionally brings painful results for the puppy. Remember how, as children, you used to hold your fingers over a lit flashlight and "see through your fingers?" Using this same technique, but with a "penlight" type flashlight, hold the beam of light directly under the nail, and you will clearly see the quick. It may be easier to lay the penlight on the table, or whatever surface the puppy is lying on, and eliminate the need for a third hand.

For larger dogs, use the toenail clipper and, in the same fashion, shape the nail. Occasionally, a black nail is so dense, the light rays fail to penetrate. In this instance, make smaller clips until you reach the gristle-like area just before the quick. In no time you will be quickly and easily trimming nails, and your Hulk Hogan muscles will return to normal size.

### HOW IS CANINE PARVOVIRUS PREVENTED?

Vaccination and good hygiene are critical components of prevention.

Young puppies are very susceptible to infection, particularly because the natural immunity provided in their mothers' milk may wear off before the puppies' own immune systems are mature enough to fight off infection. If a puppy is exposed to canine parvovirus during this gap in protection, it may become ill. An additional concern is that immunity provided by a mother's milk may interfere with an effective response to vaccination. This means even vaccinated puppies may occasionally be infected by parvovirus and develop disease. To reduce gaps in protection and provide the best protection against parvovirus during the first few months of life, a series of puppy vaccinations are administered. Puppies should receive a dose of canine parvovirus vaccine between 14 and 16 weeks of age, regardless of how many doses they received earlier, to develop adequate protection.

To protect their adult dogs, pet owners should be sure that their dog's parvovirus vaccination is up-to-date. There are titers available that measure the dog's level of antibodies against the canine parvovirus, but the antibody level may not directly translate to protection if the dog is exposed to the virus. Ask your veterinarian about a recommended prevention program for your dog.

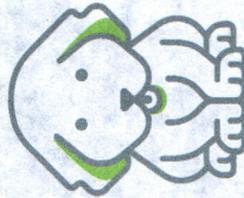
Until a puppy has received its complete series of vaccinations, pet owners should use caution when bringing their pet to places where young puppies congregate (e.g. pet shops, parks, puppy classes, obedience classes, doggy daycare, kennels, and grooming establishments). Reputable establishments and training programs reduce exposure risk by requiring vaccinations,

health examinations, good hygiene, and isolation of ill puppies and dogs. Contact with known infected dogs and their premises should always be avoided.

In spite of proper vaccination, a small percentage of dogs do not develop protective immunity and remain susceptible to infection.

Finally, do not let your puppy or adult dog come into contact with the fecal waste of other dogs while walking or playing outdoors. Prompt and proper disposal of waste material is always advisable as a way to limit spread of canine parvovirus infection as well as other diseases that can infect humans and animals.

Dogs with vomiting or diarrhea or other dogs which have been exposed to ill dogs should not be taken to kennels, show grounds, dog parks, or other areas where they will come into contact with other dogs. Similarly, unvaccinated dogs should not be exposed to ill dogs or those with unknown vaccination histories. People who are in contact with sick or exposed dogs should avoid handling of other dogs or at least wash their hands and change their clothes before doing so.



For more information, visit:

[www.avma.org](http://www.avma.org)

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# CANINE PARVOVIRUS

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# CANINE PARVOVIRUS TYPE 2 (CPV-2) IS A HIGHLY CONTAGIOUS VIRUS

that attacks white blood cells and the gastrointestinal tract of puppies, dogs, and wild canids (e.g. foxes, wolves, coyotes). It also can damage the heart muscle in very young and unborn puppies. It was first identified in 1978 and is seen worldwide. There are several variants of CPV-2 (CPV-2a, CPV-2b, CPV-2c) based on analysis of the genetics of the virus, but they produce similar signs in animals. CPV-2b is the most common variant in the US. CPV-2c was first confirmed in the U.S. in 2006, and is the second most common variant.

## HOW IS PARVOVIRUS SPREAD?

Canine parvovirus is highly contagious and is spread by direct dog-to-dog contact and contact with contaminated feces (stool), environments or people. The virus can also contaminate kennel surfaces, food and water bowls, collars and leashes, and the hands and clothing of people who handle infected dogs. It is resistant to heat, cold, humidity, and drying, and can survive in the environment for long periods of time. Even trace amounts of feces from an infected dog may harbor the virus and infect other dogs that come into the infected environment. The virus is readily transmitted from place to place on the hair or feet of dogs or via contaminated cages, shoes, or other objects.

## WHAT DOGS ARE AT RISK?

All dogs are at risk, but puppies less than four months old and dogs that have not been adequately vaccinated against canine parvovirus are at increased risk of becoming infected and ill.

## WHAT ARE THE SIGNS OF PARVOVIRUS INFECTION?

Dogs infected with the CPV-2 virus that are ill are often said to have "parvo." Signs of CPV-2 infection include:

- Lethargy
- Loss of appetite
- Abdominal pain and bloating
- Fever or low body temperature (hypothermia)
- Vomiting
- Severe, often bloody, diarrhea

Persistent vomiting and diarrhea can cause rapid dehydration, and damage to the intestines and immune system can cause septic shock. Most deaths from parvovirus occur within 48 to 72 hours following the onset of clinical signs. If your puppy or dog shows any of these signs, you should contact your veterinarian immediately.

## HOW IS CANINE PARVOVIRUS DIAGNOSED AND TREATED?

CPV-2 infection is often suspected based on the dog's history, physical examination, and laboratory tests. Fecal testing can confirm the diagnosis.

No specific drug is available that will kill the virus in infected dogs, and treatment is intended to support the dog's body systems until the dog's immune system can fight off the viral infection. Treatment should be started immediately and consists primarily of intensive care efforts to combat dehydration by replacing electrolyte, protein and fluid losses; controlling vomiting and diarrhea, and preventing secondary infections. Sick dogs should be kept warm and receive good nursing care. When a dog develops parvo, treatment can be very expensive, and the dog may die despite aggressive treatment. Early recognition and aggressive treatment are very important in successful outcomes. With proper treatment, survival rates can approach 90%.

Since CPV-2 is highly contagious, isolation of infected dogs is necessary to minimize spread of infection. Proper cleaning and disinfection of contaminated kennels and other areas where infected dogs are (or have been) housed is essential to control the spread of parvovirus. The virus is not easily killed, so consult your veterinarian for specific guidance on cleaning and disinfecting agents.



All dogs are at risk, but puppies less than four months old and dogs that have not been adequately vaccinated against canine parvovirus are at increased risk of becoming infected and ill.

# Certain foods and household products can be dangerous to dogs!

It's only natural for dogs to be curious. But their curiosity can get them into trouble when they get into areas where you store household items such as medicine and detergents. Many common household items that you use everyday can be harmful, and sometimes even lethal, to your dog.

## **Foods that are harmful to your dog:**

May cause vomiting, abdominal pain and/or diarrhea:

Wild cherry  
Almond  
Apricot  
Balsam Pear  
Japanese Plum

May cause varied reactions:

Yeast dough  
Coffee grounds  
Macadamia nuts  
Tomato and potato leaves and stems  
Avocados  
Onions and onion powder  
Grapes  
Raisins  
Chocolate  
Pear and peach kernels  
Mushrooms (if also toxic to humans)  
Rhubarb  
Spinach  
Alcohol



## **Common household items that are harmful to your dog:**

Acetaminophen  
Antifreeze and other car fluids  
Bleach and cleaning fluids  
Boric acid  
Deodorants  
Deodorizers  
Detergents  
De-icing salts  
Disinfectants  
Drain cleaners  
Furniture polish  
Gasoline  
Hair colorings  
Weed killers  
Insecticides  
Kerosene  
Matches  
Mothballs  
Nail polish and remover  
Paint  
Prescription and non-prescription medicine  
Rat poison  
Rubbing alcohol  
Shoe polish  
Sleeping pills  
Snail or slug bait  
Turpentine  
Windshield-wiper fluid



Symptoms of possible poisoning are: vomiting, diarrhea, difficult breathing, abnormal urine (color, aroma or odor, frequency, etc.), salivation, weakness. If your dog should ingest harmful chemicals, contact a veterinarian or poison control center immediately.



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Excerpts adapted from  
**How to Housebreak Your Dog in 7 Days**

Here are some sample housebreaking schedules to follow if you want to housebreak your dog in seven days [*Doctors Note: two weeks may be a more realistic goal*]. Schedule Number one is for owners who are home all day with 3-6 month old puppies. Schedule Number two is for owners who work all day and have 3-6 month old puppies. Schedule Number three is for owners who are home all day with 6-12 month old puppies. Schedule Number four is for owners who work all day and have 6-12 month old puppies. Schedules five and six are for housebroken adult dogs.

Schedules one through four are general housebreaking timetables. Not everyone will be able to follow them, because each dog has his own particular habits, as does his owner. For instance, some dogs urinate and defecate right after they have been fed, while others wait one-half hour or longer after eating to relieve themselves. Choose the most appropriate schedule: however, use it as a model, and once you learn how long nature needs to take its course, adapt the schedule to fit your individual needs. Just be sure you are consistent. And I mean *consistent*, like clockwork. [*Doctor's note: even on the weekends*].

Notice that 3-6 month old puppies are given 30 minutes of free time in any given period, while those from 6-12 months are allowed 45 minutes of free time. A 5 month old puppy may be so dependable that you can give him 45 minutes of freedom, or a 9 month old puppy may be worthy of an hour of free time.

[*Doctor's note: Perhaps more important than the length of free time is the quality of free time. "Quality time" means your entire attention is focused on the puppy. He gets all of your attention for as much time as you can spare, be five minutes or an hour. He doesn't have to compete with TV, other pets, or other family members. Ten to fifteen minutes of this kind of quality time spent with your puppy is better than him spending 30 minutes free but alone.*]

As your puppy matures and the training progresses give him longer and longer periods of freedom until he no longer needs confinement when you leave. [*Doctor's Note: Crate confined dogs should be kept crated indoors so that they are protected from environmental extremes, fire ants, and other outdoor perils.*]

**Schedule No. 1**

**General Timetable for 3-6 month old puppies eating three meals a day; owner at home all day.**

7:00 am	Wake up. Go out
7:10-7:30 am	Free time in kitchen
7:30 am	Food and water
8:00 am	Go out
8:15 am	Free time in kitchen
8:45 am	Crate Confinement
12:00 pm	Food and water
12:30 pm	Go out
12:45 pm	Free time in kitchen
1:15 pm	Crate confinement
5:00 pm	Food and water
5:30 pm	Go out
6:15 pm	Crate confinement
8:00 pm	Water
8:15 pm	Go out
8:30 pm	Free time in kitchen
9:00 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

**Schedule No. 2**

**General Timetable for 3-6 month old puppies eating three meals a day; owner working during the day.**

7:00 am	Wake up. Go out
7:10-7:30 pm	Free time in kitchen
7:30 am	Food and water
8:00 am	Go out. Crate confinement when owner leaves for the day. Leave safe toys and chewies [ <i>but not food or water</i> ] in the crate for dog's entertainment.
6:00 pm	Owner comes home. Dog goes out.
6:15-6:30 pm	Free time in kitchen
6:30 pm	Food and water
7:00 pm	Go out
7:15 pm	Crate confinement
9:00 pm	Food and water
9:30 pm	Go out
9:40 pm	Free time in kitchen
10:10 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

### Schedule No. 3

**General Timetable for 6-12 month old puppies eating two meals a day; owner at home all day.**

7:00 am	Wake up. Go out.
7:10-8:00 am	Free time in kitchen
8:00 am	Food and water
8:30 am	Go out
8:45 am	Free time in kitchen
9:30 am	Crate confinement
12:30 pm	Water
12:45 pm	Go out
1:00 pm	Free time in kitchen
1:45 pm	Crate confinement
6:00 pm	Food and water
6:30 pm	Go out
6:45 pm	Free time in kitchen
7:30 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

### Schedule No. 4

**General Timetable for 6-12 month old puppies eating two meals a day; owner working during the day.**

7:00 am	Wake up. Go out
7:10-8:00 am	Free time in kitchen
8:00 am	Food and water
8:30 am	Go out
8:45 am	Free time in kitchen
9:30 am	Crate confinement
12:30 pm	Water
12:45 pm	Go out
1:00 pm	Free time in kitchen
1:45 pm	Crate confinement
6:00 pm	Food and water
6:30 pm	Go out
6:45 pm	Free time in kitchen
7:30 pm	Crate confinement
11:00 pm	Go out. Then crate confinement overnight.

### Schedule No. 5

**General Timetable for a housebroken adult dog eating one Meal a day; owner at home all day.**

7:00 am	Wake up. Go out.
8:00 am	Food. Maintain unlimited access to fresh water during the day.
12:30 pm	Go out.
5:30 pm	Food (if dog is continuing to eat two meals a day).
6:00 pm	Go out.
11:00 pm	Go out. Then bedtime. Remove water during the night.

### Schedule No. 6

**General Timetable for a housebroken adult dog eating one meal a day; owner works during the day.**

7:00 am	Wake up. Go out.
8:00 am	Food. Maintain unlimited access to fresh water during the day.
8:00 am	Go out. Crate confinement when owner leaves for the day.
6:00 pm	Go out.
7:00 pm	Food (if dog is continuing to eat two meals a day).
7:45 pm	Evening walk.
11:00 pm	Go out. Then bedtime. Remove water during the night.

## **Some Thoughts on Praise and Discipline**

Praise is the single most effective way to show your puppy that you are pleased with him. Praise for a job well done is much more important than discipline for an error. It is a crucial element in any type of canine training program, and it should be administered in generous doses. Every time your dog does something right, especially if he's a puppy, flatter his ego with plenty of praise. Let him know that what he has done has pleased you tremendously. Make a huge fuss as you say your praise words; for example, "GOOOOD DOGGG!", or, "GOOOOD BOYYY." Remember, it's not so much what praise word you use, it's your approval, you will be positively reinforcing the behavior you praise. Dogs are show offs. They love being the center of attention. They want to hear how wonderful and smart they are.

*[Doctor's Note: When discipline is needed – and there will be times when it is needed – keep in mind that a puppy has a short term memory of 30-90 seconds. This means that when disciplining your puppy for an elimination error you must, essentially, catch him in the act. If you can't discipline him within about a minute of the act, then you might as well forget it.]*

Once you understand the power of praise and use it consistently, [along with] with humane correction for mistakes, you are making progress toward sharing your life with a happy dog...